



EARTH KEEPERS RETREAT & EXPO

Friday June 24 – Sunday June 26, 2011
Ralph A. MacMullan (RAM) Conference Center
104 Conservation Drive Higgins Lake, MI
989.821.6200
JoshuaP@michigan.gov
<http://www.michigan.gov/ramcenter>

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ALL EVENTS LISTED ARE INCLUDED IN WEEKEND PACKAGE. MANY WORKSHOPS ARE LIMITED IN SIZE. GUESTS MAY ARRANGE PRIVATE SERVICES (BEYOND SCHEDULED EVENTS) WITH VENDORS & FACILITATORS FOR A FEE OR DONATION. ALL EVENTS AND WORKSHOPS SUBJECT TO CHANGE.

FRIDAY 24.JUNE – DAY PASSES NOT AVAILABLE FRIDAY; SWEAT LODGE CONSTRUCTION AND VENDOR SET-UP WILL BEGIN

TIME	EVENT - FACILITATOR PROFILE
3:00pm	WEEKEND LODGING GUESTS CHECK IN
5:30pm – 6:15pm	<p>RETREAT WELCOME/ORIENTATION (DINNER SERVED)</p> <p style="text-align: center;"><u>NATIVE AMERICAN ELDERS PROFILES</u></p> <p style="text-align: center;">Florence Sparvier, Cree First Nation, Alberta and Saskatchewan Canada Elder, Sweat Lodge Keeper, Pipe Carrier, Traditional Sun Dancer and Rain Dancer, Tribal Social Services Advisor</p> <p>Florence will be our Honored Weekend Elder. She will lead a traditional Native American sweat lodge at the RAM Center which will be constructed with poplar and willow trees harvested from land nearby our facilities. She will hold a special women's only "Welcoming" sweat intended to welcome and beckon the "grandmother and grandfather" spirit blessings for the weekend summit. In her tradition, the sweat lodge door will be constructed facing south. Florence will facilitate workshops on Native American worldviews related to nature and the environment, and will be available for private healing sessions.</p> <p>Florence Sparvier was born 69 years ago on Kahkewistahaw First Nation and educated at Marieval and Lebrat Boarding Schools. For over 36 years, Florence has participated in eight traditional Sun Dances, four traditional Rain Dances, Sweat Lodge ceremonies, and local ceremonies in four Canadian provinces.</p> <p>Her long career in Social Services began as a nurse's aide at Regina General Hospital. She has served as Secretary for Cowessess First Nation Tribal Council; Social Service Administrator for Indian Affairs; Financial Controller for the Burwash Tribal Council in the Yukon; Native Child Services Worker in Calgary; and was Director of Social Services, Child Care, and Elder Care for the Yorkton Tribal Council. She now serves as an Aboriginal Elder, counselor and advisor with schools and various companies in Saskatchewan and Alberta. She sits on several boards with Cowessess First Nation, and is an Advisor to the Commander of the F Division with RCMP, Saskatchewan Division.</p> <p>Florence was married for fifty years and is now a widow. She has four children, 16 grandchildren and ten great grandchildren. She lives on Cowessess First Nation in Saskatchewan, Canada.</p> <p style="text-align: center;">Tuck'ush Winch Katchia, Wasco Tribe, Cascade Mountains, Oregon Wasco Medicine Man (Tuck'ush Winch Katchia is a Wasco Indian name which means "Walking Stick Man")</p> <p>"Tuck'ush Man" will provide public and private healing and cleansing ceremonies. He and his wife "Two Bears" will construct a traditional Native American sweat lodge at the RAM Center, and conduct several sweat ceremonies. Tuck'ush Man explains that "thirteen poles buried in the ground represent the thirteen moons of the year. Three rings built around the poles represent all that is above, below, and in the four sacred directions -- north, south, west, east." When the poles and branches are interlaced, the small dome-like structure will form a sacred star at the top. Tuck'ush Man and Two Bears are driving east from Oregon, and will bring sacred stones from the Cascade mountains for the sweat lodge fire pit, as well as red earth/clay to use as part of the construction. Tuck'ush Man has built lodges in many different native</p>

FRIDAY 24.JUNE Continued.... 5:30pm – 6:15pm	traditions. He will teach about their cultural meaning, and about native worldviews related to respecting nature. Tuck'ush Winch Katchia is a Wasco medicine man, medicine singer, and elder from the Columbia River People in Oregon. He is 77 years old. He learned much of his knowledge from his Wasco grandfather who was a medicine chief of his Columbia River band and lived to be 116 years old. Tuck'ush Winch spends most of his summer and fall with his wife in the mountains, hiking to sacred places, praying for all Creation, fishing for their winter food and gathering plants for his Indian tea which he makes for his tribal people.
	<u>Native America Elders – continued</u> Dorothy Campbell, Mt. Pleasant, MI Elder Dorothy Campbell is an Anishinabemowin Outreach Specialist, Saginaw Chippewa Indian Tribe. She has worked closely with the Ziibiwing Center Museum (Saginaw Chippewa Indian Tribe and the Great Lakes Anishinabek). She teaches languages, speaks several native tongues, and has studied cultural lifeways and ceremonies for over thirty years. Elder Dorothy will conduct a prayer dance chant during the opening ceremony. During the weekend, she will give a talk about "The Beginning of Time Teachings" which explores holism, balance, and how we relate to the natural environment. She will also give several workshops for adults and children. Visit http://www.sagchip.org/ziibiwing
6:30pm – 9:30pm	SWEAT LODGE- FLORENCE SPARVIER – CREE ELDER (Women only – see profile above)
7:15pm – 8:15pm	LABYRINTH WALKING MEDITATION <i>Jean Umlor</i> is a Sister of Mercy who has worked in the Grayling area for many years as a nurse in homecare, hospice and River House Inc., a program for women who are dealing with Domestic Violence. Jean is a certified Holistic Nurse, Healing Touch Practitioner, and Labyrinth Facilitator. Currently, she coordinates the <u>Wisdom of Women: A Holistic Approach to Health and Spirituality Program</u> and serves a Spiritual Director for individuals and groups. Sister Jean will lead a walking meditation through a classic stone labyrinth in the forest.
Sundown	DRUM CIRCLE WELCOME at Beach bonfire

SATURDAY 25.JUNE – SWEAT LODGE CONSTRUCTION; VENDOR/SERVICES; KIDZ KORNER – ALL DAY

TIME	EVENT - FACILITATOR PROFILE
6:30am – 7:15am	TAI CHI CLASS <i>Barbara Starke, RN, MSN, FNP, (A)HNC, Healing Touch Practitioner, Coloma, MI.</i> Tai Chi is a gentle possible form of movement. It has many benefits: Improves blood and lymphatic circulation; stabilizes blood pressure; creates a sense of peace and well-being; improves coordination and balance; and increases a sense of energy and stamina. All of these benefits have a positive impact on the body & mind. Most of today's health issues have to do with inflammation and chronic physical-emotional-and spiritual imbalance. Tai Chi is an appropriate, possible, and effective tool to help address today's chronic imbalances. YOGA CLASS – Instructor TBA. Please bring a beach towel--we have a limited supply of yoga mats. LABYRINTH WALKING MEDITATION with Sister Jean Umlor (See description from Friday)
7:30am – 8:15am	BREAKFAST
8:00am....	DAY PASS WALK-INS
9:15am – 10:15am	OPENING CEREMONY CELEBRATION --EARTH BLESSING AND NATIVE ENVIRONMENTAL TEACHINGS BY HONORABLE ELDERS FLORENCE SPARVIER & TUCK'USH MAN --TRADITIONAL NATIVE DANCE & TEACHING BY HONORABLE ELDER DOROTHY CAMPBELL
10:45am – 11:45am	NATIVE AMERICAN ELDER WISDOM WORKSHOP Elder Dorothy Campbell will share more about "Beginning of Time" teachings (Please see profile above)

<p>SAT 25.JUNE Continued... 10:45am – 11:45am</p>	<p>DIGITAL PHOTOGRAPHY WORKSHOP <i>Teresa Hernandez, Assistant Professor, Department of Journalism, College of Communication and Fine Arts, Central Michigan University, Mt. Pleasant, MI.</i> This workshop helps you get started or continue your personal process of exploring the natural beauty that surrounds you. By emphasizing your ability to see beauty simply and clearly, you may become motivated or grow your motivation to explore the technical aspects of photography and your digital camera. This workshop provides the environment for you to pursue your natural way of seeing and encourages you to allow for your individual vision to emerge. Please bring your digital camera, and any cords or cards to download your work.</p> <p>MESSAGE THERAPY <i>Cindy Dort Owner, The Naturalist, Gaylord, MI</i> AND... <i>Lyn Austin, Handz On Health – Therapeutic Massage for Optimum Health. Aromatherapy. Southfield, MI</i> Visit http://www.handzonhealth.com</p> <p>BEGINNER MEDITATION WORKSHOP <i>Instructor: Kathy Wahl</i> has been practicing yoga “on and off” since 1973. Since 2002 her practice has been enhanced and strengthened by the addition of meditation and many classes at UpDog Yoga in Rochester, MI.</p> <p>This session will help participants get started in meditation. We will begin by getting “centered” and then move into meditation techniques focusing on the breath, the senses and “mantras.” If possible, please bring a beach towel to sit on. Chairs will also be available if needed.</p> <p>HEALING TOUCH WORKSHOP <i>Instructor: Barbara Starke, RN, MSN, FNP-BC</i> has over 20 years of experience as a holistic nurse and holds certifications as an advanced practice holistic nurse practitioner, a Healing Touch Program practitioner and instructor (Level 1,2 and 3). She has served on the Boards of Healing Touch International and the American Holistic Nurses Association, and teaches holistic nursing interventions nationally and internationally. Barbara Starke is a skilled and dynamic speaker with a thorough understanding of alternative therapies and how to integrate CAM therapies into conventional healthcare in possible and effective ways. Her commitment is to empower participants to use the workshop content for their own self-care as well as the comfort and healing of others.</p> <p>The Healing Touch Program is an international, multi-level educational program in energy based medicine therapy. The Healing Touch Program™ is a nursing based continuing education program for registered nurses, physicians, body therapists, counselors, psycho-therapists, other health professionals, and individuals desiring an in-depth understanding and practice of healing work using energy based concepts. Healing Touch is endorsed by the American Holistic Nurses Association and the Canadian Holistic Nurses Association (CHNA). The weekend workshops will give an overview to the Healing Touch practice and hands-on demonstrations from practitioners (<i>Marian Long, RN MSN AHN-BC</i>) and students. Visit The Healing Touch Program™ at http://www.HealingtouchProgram.com</p> <p>WINDSURFING <i>Great Lakes Demo Tour, Higgins Lake, MI,</i> will host introductory lessons. Let’s hit the waves! Introductory lessons take around 30 minutes, up to 4 people at a time. There will also be equipment demos for those who already know how to sail. Visit http://greatlakesdemotour.com/</p> <p>KIDZ KORNER WORKSHOP YOGA FOR KIDS! <i>Ronda Cook, Higgins Lake.</i> It’s time for the Tree Pose! Instructor Ronda Cook leads a fun and engaging yoga session for children of all ages. AND...</p> <p>“ANTS IN THE PANTS BELLY DANCE!” <i>Penny Morris, Owner, Crystal Bindi Fitness Studio, Traverse City.</i> A fun class for the young, and the young at heart! (Please see Crystal Bindi Studio’s profile below.)</p>
<p>12 NOON – 12:45PM</p>	<p>LUNCH</p>

<p>SAT 25.JUNE Continued... 1:00pm – 2:00 pm</p>	<p>NATIVE AMERICAN ELDER WISDOM WORKSHOP <i>Elder Florence Sparvier will share about “Healing Your Self” (Please see profile in Friday’s section)</i></p> <p>HEALING TOUCH WORKSHOP <i>Instructor: Barbara Starke, RN, MSN, FNP-BC(Please see profile above)</i></p> <p>WINDSURFING <i>Great Lakes Demo Tour (Please see profile above)</i></p> <p>REIKI DEMONSTRATION <i>Deb Bussa, Houghton Lake, MI – Reiki Master</i></p> <p>REFLEXOLOGY WORKSHOP <i>Patricia Headley, Grand Rapids, MI</i></p> <p>MASSAGE THERAPY <i>Cindy Dort Owner, The Naturalist, Gaylord, MI</i> AND... <i>Lyn Austin, Handz On Health – Therapeutic Massage for Optimum Health. Aromatherapy. Southfield, MI Visit http://www.handzonhealth.com</i></p> <p>KIDZ KORNER – WATERSHED PRESENTATION <i>Rachel Koleda is a Huron Pines AmeriCorps member serving the Otsego Conservation District. Her presentation features an interactive “hands-on” demonstration of a watershed and allows children and parents to explore the importance of water quality as part of a healthy ecosystem.</i></p>
<p>2:15pm – 3:15pm</p>	<p>BELLY DANCING FOR EMPOWERMENT WORKSHOP <i>Penny Morris, Owner, Crystal Bindi Studio, Traverse City, MI. Penny and her instructors will offer fun and empowering classes over the weekend. Classes offered at her studio include: Bellydance for the Mature Goddess, Beginner Bellydance Fitness; Cardio Bellydance Workout; Intermediate Bellydance Choreography; and Bellydance for Empowerment. Visit http://www.crystalbindistudio.com</i></p> <p>HEALING TOUCH WORKSHOP <i>Instructor: Barbara Starke, RN, MSN, FNP-BC (Please see profile above)</i></p> <p>WINDSURFING <i>Great Lakes Demo Tour (Please see profile above)</i></p> <p>TAI CHI CLASS <i>Barbara Starke, RN, MSN, FNP, (A)HNC, Healing Touch Practitioner, Coloma, MI. Tai Chi is a gentle possible form of movement. It has many benefits: Improves blood and lymphatic circulation; stabilizes blood pressure; creates a sense of peace and well-being; improves coordination and balance; and increases a sense of energy and stamina. All of these benefits have a positive impact on the body & mind. Most of today's health issues have to do with inflammation and chronic physical-emotional-and spiritual imbalance. Tai Chi is an appropriate, possible, and effective tool to help address today's chronic imbalances.</i></p> <p>KIDZ KORNER – DNR PARK EXPLORER WORKSHOP <i>Brittany Hnevsa, South Higgins Lake State Park Explorer Guide, will present “Aquatic Insects!”</i></p>
<p>4:00pm – 5:00pm</p>	<p>BEGINNER MEDITATION WORKSHOP <i>Instructor: Kathy Wahl. (Please see profile above)</i></p> <p>HEALING TOUCH WORKSHOP <i>Instructor: Barbara Starke, RN, MSN, FNP-BC (Please see profile above)</i></p> <p>YOGA CLASS <i>Instructor TBA</i></p> <p>WINDSURFING <i>Great Lakes Demo Tour (Please see profile above)</i></p>

SAT 25.JUNE Continued... 4:00pm – 5:00pm	KIDZ KORNER – NATIVE AMERICAN ELDER WISOM WORKSHOP <i>“Jingle Dance Stories” with Elder Dorothy Campbell (Pease see profile above)</i>
5:30pm – 6:15pm	DINNER
7:00pm – 8:00pm	GUIDED MEDITATION AND HEALING CIRCLE <i>Nancy O'Donohue is a healer member of, and licensed trainer for, NFSH – Healing in America, the U.S. branch of England's National Federation of Spiritual Healers. Established in 1954, the NFSH is the largest healing organization in Europe. Nancy will lead a group meditation especially designed to help you escape from the stress and strains of life and discover an inner world of calm, peace & joy. Visit http://www.healinginamerica-michigan.com</i>
7:00pm – 10:00pm	**SWEAT LODGE CEREMONY: ELDER TUCK'USH MAN** **HEALING TALKS or PRIVATE SESSIONS: ELDER FLORENCE SPARVIER and ELDER DOROTHY CAMPBELL <i>(Please see profiles of Native American Elders above at Friday Section)</i>
Sundown	Beach Bonfire
ALL DAY OPTIONS:	PRIVATE SESSIONS WITH ELDERS, FACILITATORS & PRACTIONERS (fees/donations)

SUNDAY 26.JUNE - VENDOR/SERVICES; KIDZ KORNER – ALL DAY; SWEAT LODGE DE-CONSTRUCTED

TIME	EVENT - FACILITATOR PROFILE
6:30am – 7:15am	TAI CHI CLASS <i>Barbara Starke, RN, MSN, FNP, (A)HNC, Healing Touch Practitioner, Coloma, MI.</i> (Please see profile and workshop description above at Saturday Section) YOGA CLASS – Instructor TBA LABYRINTH WALKING MEDITATION with Sister Jean Umlor (See profile from Fri & Sat Section)
7:30am – 8:15am	BREAKFAST
8:00am	DAY PASS WALK-INS
8:30am – 9:30am	ORGANIC GARDENING WORKSHOP <i>Master Gardener, Stacy Jo Schiller, is the co-owner of Home Comfort Farms LLC located in Johannesburg Michigan, a licensed nursery and organic farm since 1977. Growing organically is more than a good business practice for Stacy Jo...it's a deep connection with Mother Earth. Stacy will provide hands-on soil block materials and fertile pot seedling planting. She will also have hand-outs for companion planting and crop rotation. Bring your green (or brown) thumb!</i> REIKI DEMONSTRATION <i>Deb Bussa, Houghton Lake, MI – Reiki Master</i> MASSAGE THERAPY <i>Cindy Dort Owner, The Naturalist, Gaylord, MI</i> AND... <i>Lyn Austin, Handz On Health – Therapeutic Massage for Optimum Health. Aromatherapy. Southfield, MI Visit http://www.handzonhealth.com</i> HEALING TOUCH WORKSHOP <i>Instructor: Barbara Starke, RN, MSN, FNP-BC (Please see profile above at Saturday section)</i> KAYAKING WORKSHOP <i>Paddle Brave Camp and Canoeing, Higgins Lake. Instructors will give a short talk on kayak types and techniques...then we'll launch and paddle! Visit http://www.paddlebrave.com/</i>

SUNDAY 26.JUNE Continued... 8:30am – 9:30am	KIDZ KORNER WORKSHOP YOGA FOR KIDS! Ronda Cook, Higgins Lake. It's time for the Tree Pose! Instructor Ronda Cook leads a fun and engaging yoga session for children of all ages. AND... “ANTS IN THE PANTS BELLY DANCE!” Penny Morris, Owner, Crystal Bindi Fitness Studio, Traverse City. A fun class for the young, and the young at heart! (Please see Crystal Bindi Studio's profile above.)
10:00am	LODGING CHECK-OUT TIME. **YOU MAY REMAIN ON GROUNDS UNTIL SUNDOWN**
9:45am – 10:45am	DIGITAL PHOTOGRAPHY WORKSHOP Teresa Hernandez, Assistant Professor, Department of Journalism, College of Communication and Fine Arts, Central Michigan University, Mt. Pleasant, MI. (Please see profile above at Saturday section) NATIVE AMERICAN ELDER WISDOM, Tuck'Ush Man (Please see profile at Friday section) HEALING TOUCH WORKSHOP Instructor: Barbara Starke, RN, MSN, FNP-BC (Please see profile above at Saturday section) KAYAKING Paddle Brave Camp and Canoeing, Higgins Lake (Please see profile above) KIDZ KORNER – NATIVE AMERICAN ELDER WISOM WORKSHOP: “Animal Teachers” with Dorothy Campbell (Please see profile above under Friday section) KIDZ KORNER – DNR PARK EXPLORER WORKSHOP Brittany Hnevska, South Higgins Lake State Park Explorer Guide, will present “Birding Basics!”
11:00am – 11:45am	BELLY DANCING FOR EMPOWERMENT WORKSHOP Penny Morris, Owner, Crystal Bindi Studio, Traverse City, MI (Please see profile at Saturday section) GUIDED MEDITATION AND HEALING CIRCLE Nancy O'Donohue (Please see profile and description at Saturday section) REFLEXOLOGY WORKSHOP Patricia Headley, Grand Rapids, MI (Please see profile above at Saturday section) TAI CHI CLASS Barbara Starke, RN, MSN, FNP, (A)HNC, Healing Touch Practitioner, Coloma, MI. (Please see profile and class description at Saturday section) HEALING TOUCH WORKSHOP Instructors and Practitioners. (Please see profiles and descriptions from Saturday sessions). KAYAKING Paddle Brave Camp and Canoeing, Higgins Lake (Please see profile above) KIDZ KORNER – RECYCLED PAPER BAG ART Alma Minzey works in oils and water color. She has donated a painting to the RAM Center which hangs in the new dining room (Two Wolves). Alma's paper bag art workshop will be a fun place for kids to unleash their creativity!
12 noon – 12:45pm	LUNCH
1:00pm – 2:00 pm	CLOSING CEREMONY ELDERS BLESSINGS and TEACHINGS; EARTH OFFERING AT WATER
ALL DAY OPTIONS: GROUNDS OPEN UNTIL SUNDOWN	PRIVATE SESSIONS WITH ELDERS, FACILITATORS & PRACTITIONERS (fee/donations) VENDORS WILL REMAIN ON GROUNDS